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Housekeepers' Chat

Thurs., Nov. 3, 1927.

(NOT FOR PUBLICATION)

Subject: "Sausage and Sauerkraut"

ANNOUNCEMENT: Today's program contains short and snappy questions and answers on a variety of subjects. A choice recipe for Pickled Pigs' Feet, from the Bureau of Animal Industry, and a one for Cranberry Jam, from the Bureau of Home Economics. Bulletins available: "Pork on the Farm," and "Making Fermented Pickles."

---ooOoo---

Lots of letters are coming my way this week. There are letters about the new green cookbook, and letters asking for certain recipes, and letters offering suggestions about the programs. I am greatly pleased with the way you are writing to me, and I hope you will continue. It is much more fun to plan radio programs, if you know people are interested enough to write.

I have a letter from a man who lives in a small town nearby. Let me quote you part of the letter:

"Dear Aunt Sammy: I wonder if you would do me a favor. My wife is very fond of all your recipes, and she likes to tell me what you say about certain foods. For instance, if you say that spinach is good for a man, because of the iron in it, my wife uses that fact as a talking point, and persuades me to eat spinach. When you broadcast the recipe for Baked Cucumbers, I told my wife that I had never tasted Baked Cucumbers, and that I would refuse to eat such a dish. Well, my wife baked a couple of cucumbers, according to your directions, and I ate both of them, before she told me what they were. I will admit that she put something over on me that day. Now I shall explain the favor I'm asking. You see I am very fond of Pickled Pigs' Feet. My wife will not have a thing to do with Pickled Pigs' Feet. But I thought that if you would give a talk on Pickled Pigs' Feet, and say they are especially rich, in something-or-other, then my wife might change her mind, and let me have Pickled Pigs' Feet occasionally. I would esteem it a great favor, if you would say something nice about Pickled Pigs' Feet. -- Yours truly, Mister"

"But I must not divulge this man's name, because his wife might be listening in."

As you know, from the subject of today's talk, I intended to talk about Sausage, but what can I do, when confronted with such a plaintive plea as the one I just read? I showed the letter to Uncle Ebenezer. He leaned back in his chair, and a far-away look came into his honest blue eyes.

"Aunt Sammy," said Uncle Ebenezer, "I think that Pickled Pigs' Feet are food for the gods! Long years ago, I used to dine on Pickled Pigs' Feet, and Sauerkraut, and -- "



I had to interrupt Uncle Ebenezer then, because when he gets to talking about old times, he never knows when to stop.

"Uncle Ebenezer," I said, "although I had planned to talk about sausage, I am willing to upset my schedule, and talk about Pickled Pigs' Feet, for the sake of this poor creature, who lives on the other side of the county line."

So take your pencils, please, and I'll give you the best recipe for Pickled Pigs' Feet that I have ever found. I'm not going to say that Pickled Pigs' Feet are rich in something-or-other; if you like them, that is excuse enough for eating them. I know that such a radical statement may get me into trouble, but I shall let it stand.

All ready now, for the recipe. (Read very slowly).

Place pig's feet in salt pickle for several days. Then boil them for a varying length of time, depending upon the size of the feet. Take care to remove them from the kettle, before the meat separates from the bones. Split the feet lengthwise, place them in a jar, and cover with vinegar, to which bay leaves, all-spice, and whole black pepper, have been added.

There, that's off my mind, and now we can proceed to the business at hand. What have we under the head of old business? Sausage. There is an excellent pamphlet issued by the Department of Agriculture, called "Pork on the Farm; Killing, Curing, and Canning." This bulletin gives all the details of converting the farm-grown porker into high-class, appetizing, dishes, available in the fresh, cured, or canned state, at any time of the year. It contains many recipes for sausage -- all kinds of sausage, and recipes for headcheese, scrapple, etc. It also tells how to can roast pork, spareribs, pork chops, boiled tongue, and so on. There is a recipe for Pork-Heart Goulash, containing 15 ingredients. No, I won't broadcast the recipe. But I'll be glad to send you the bulletin, if you want it. Remember that pork and pork products should be well cooked, to prevent the possibility of their causing the disease known as trichinosis. What else have we under the head of old business? Sauerkraut. There's another bulletin, the pickle bulletin, which tells the whole story of sauerkraut, from the cabbage-patch to the dinner table. You may have this bulletin, too, for the asking.

We are now under the head of new business, and that means new questions.

First question: "Should water be served with meals?" It should. Water drunk with meals aids digestion, provided, of course, that it is not used to wash down food. Milk should always be provided for the children, unless their daily amount has been included in the meal, in some other form. It is usually wiser to have the younger children drink their milk before water is given, at meal time. Be sure the children drink enough water between meals, too.

Second question: "Should hot potatoes be served in a covered dish?" They should not. A covered dish holds in the steam, and makes the potatoes soggy.

Third question: "Please tell me whether there is any good use to make of left over biscuits, rolls, and muffins. "Left-over rolls, biscuits, and muffins, can be split, buttered and toasted. They're very nice for breakfast that way -- split, buttered and toasted. Creamed chicken, meat, or fish may be served on



toasted rolls or biscuits.

Fourth question: "Should meat for soup be started in hot water, or in cold water? When should the meat be salted?" Always put your soup meat on in cold water, so the juice will be extracted from the meat. Hot water would seal the meat cells, and hold in the good juices. Add the salt when the meat is half-done. Salt tends to make the meat tough. However, the salt should be added before the meat is completely cooked, so the salt will be absorbed.

Next question: "Is there any food value in coffee?" There is no food value in coffee itself. There is food value in the sugar and cream added. We drink both coffee and tea for their stimulating properties, and because we like the taste.

Next question: "Should the juices from canned vegetables be thrown away?" No. Keep the juices from canned vegetables, unless the food is spoiled, in which case the vegetables should be thrown away, too. If the food is good, so is the juice, and it contains valuable minerals which the body needs.

Next: "Is there any way to tell whether a piece of material, said to be all wool, is really all wool, or part cotton?" Boil a sample of the material for 15 minutes, in a solution of one tablespoonful of lye, to a pint of water. The cotton will not disappear, but the wool dissolves. If you don't have lye, use larger amounts of an alkaline washing powder, when you make the test. The wool dissolves, the cotton -- if any -- remains.

So many questions today I'm losing count. Here's one from a listener who wants to know how to keep lard from turning rancid. Keep your lard ⁱⁿ tightly closed containers, preferably of glass, or earthenware. Store the lard in a cool, dark place.

Time for just one more question. "Can you give me recipes for Cranberry Jelly, Cranberry Conserve, and Candied Cranberries? I know this is a large order, but I want to get my cranberry jelly and so forth out of the way before the holidays!"

I'm sending this listener a copy of the new radio cookbook, which contains recipes for cranberry jelly and candied cranberries. The cranberry jam recipe is not in the cookbook, so I'll give it to you now. This recipe calls for cranberries, raisins, and oranges. It is delicious served with meat, or as sandwich filling.

Five ingredients, for Cranberry Conserve:

1 quart cranberries	1/2 cup raisins
2 cups sugar	1 cup water
1 orange and a little of the peel cut rather fine.	

Check the ingredients, while I repeat them: (Repeat)

Chop coarsely together, the cranberries, raisins, orange, and orange peel. Add the sugar and water. Cook for 1/2 hour, stirring often. Place in jelly glasses.

That's all for today, and we shall now consider ourselves adjourned, until tomorrow at this time.

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